

Subject: Resolution No. 136-25A2

In Support of a Policy Allowing Students to Eat Breakfast During Their First Class of the School Day

- Commissioner Rachel Norton, Sandra Lee Fewer, Matt Haney, Kim-Shree Maufas, Hydra Mendoza-McDonnell, Emily M. Murase, Ph.D., Jill Wynns and Student Delegates Windy Ly, Megan Wong, Angelina Wei, and Cooper Logan

WHEREAS: A developing body and brain need a fresh supply of glucose as the brain's basic fuel after fasting all night; and

WHEREAS: Breakfast provides energy and nutrients that lead to increased concentration in the classroom; and

WHEREAS: Experiencing hunger impairs students' ability to learn; and

WHEREAS: Students who miss breakfast score lower in memory and cognitive tests; and

WHEREAS: Consuming breakfast improves students' performance on demanding mental tasks and reaction to frustration; and

WHEREAS: Eating breakfast contributes to better student health in areas such as higher fruit intake, micronutrient intake, and daily vitamin intake. It also contributes to better overall health such as better health choices throughout the day; and

WHEREAS: School breakfast improves student behavior, achievement, attendance and learning environments; and

WHEREAS: Currently seven SFUSD high schools and eight SFUSD middle schools serve Grab N' Go Breakfast (a cart conveniently located in campus for students coming to morning classes); and

WHEREAS: SFUSD participates in the Federal School Breakfast Program for which schools are reimbursed by the United States Department of Agriculture, Food and Nutrition Service for every free/reduced breakfast served; and

WHEREAS: The reimbursement is based on the number of breakfasts served multiplied by the reimbursement rate -- \$1.55 for free meals and \$1.25 for reduced-price meals; and

WHEREAS: In the year 2010-2011, there were 33,129 low income students in SFUSD. Only 5,020 of them participated in school breakfast, which is 15%. School lunch participation however, was much higher, at 57% (19,040 students); and

WHEREAS: Allowing students to eat breakfast in first period would be likely to increase the percentage of low-income students' participation in school breakfast and increase the district's revenues.

THEREFORE BE IT RESOLVED: That the Student Advisory Council and the Board of Education of the SFUSD request the Superintendent to explore developing a plan for all school students to eat or finish their breakfast at the beginning of the school day without penalty; and

FURTHER BE IT RESOLVED: That the Superintendent will bring the plan back to the Board of Education before the end of the 2013-2014 school year.

6/25/13

10/22/13

Please Note:

- Referred on 6/25/13 by order of the Chair to the Curriculum & Program Committee.
- Taken up by the Curriculum and Program Committee on 10/7/13. Forwarded to the Board with a positive recommendation, as amended, by general consent of the Committee.
- Adopted, as amended, on 10/22/13.